

Fitness Skillastics®

- Fitness research expert approved
- Detailed explanation of what muscle groups are used in each activity
- Covers ALL fitness components
- Includes three progressive levels of endurance
- Includes 10 additional team-building activities



(for grades 1 - 5)

FITNESS Xtreme Skillastics®

All the FUN of Fitness Skillastics Xtreme Style!



(for grades 6 - 12)

Soccer Skillastics®

- ⚽ Activities approved by Soccer Experts
- ⚽ Covers all the basic skills and activities for field players
- ⚽ Includes three progressive levels of endurance to fit children's fitness levels
- ⚽ Activities include a mixture of both partner and individual participation



Played indoors or outdoors (for grades 3 - 12)

Basketball Skillastics®

- 🏀 Develops hand-eye coordination
- 🏀 Increases reaction time
- 🏀 Develops proper basketball skills like ball-handling, dribbling, passing and shooting
- 🏀 Fosters teamwork
- 🏀 Includes additional instructional ideas

(for grades 2 - 8)



Skillastics® /MAX® Basketballs

The Perfect Compliment to Your Basketball Skillastics™ Game!

Set of 24 intermediate size basketballs (4 of each color)

Skillastics® NUTRITIONAL CARDS

- ✓ Based upon the US Governments My Pyramid
- ✓ Approved by a Registered Dietician
- ✓ 105 Thought-Provoking Questions in Relation to the Food Groups (630 cards in all!)
- ✓ Combine Fitness & Nutrition Components Together
- ✓ Excellent for Upper Elementary, Middle & High School
- ✓ Use in conjunction with Fitness & Xtreme Skillastics

Use Alone or Combined with Fitness Skillastics & Fitness Xtreme Skillastics!



(for grades 4 - 12)

halfpint Skillastics®

- Introduces 3-7 year olds to 36 movement activities
- Encourages creativity and imagination in a non-competitive but active environment
- Promotes color, number and shape recognition

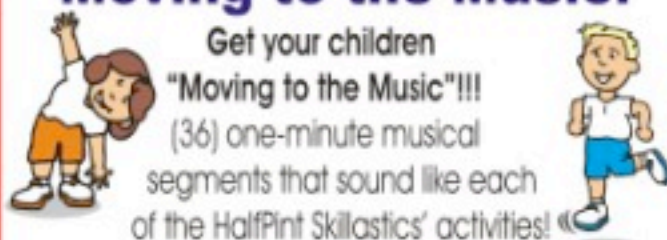


Bilingual Game (English/Spanish) Also Available

Includes: 36, 5"x7" activity cards, color and shape recognition dice, rules and nylon carrying case

(for ages 3-7)

Halfpint Skillastics "Moving to the Music!"



Get your children "Moving to the Music"!!! (36) one-minute musical segments that sound like each of the HalfPint Skillastics' activities!

Great addition to the game!

How Sandy Got Her Spin

This motivating story about real-life sports entertainer Sandy "Spin" Slade who inspires a whole school full of children to overcome their fears, get involved in activities they enjoy and NEVER give up practicing.



(for ages 8 - 14)

COMING SOON!

BFit4 Winter Skillastics®

Introduces specific fitness activities with a "Winter Twist", building children's fitness levels so that they can enjoy winter sports and activities at a higher level!

(for grades 4 - 12)

